



## SMARTWATCH INSTINCT 2X SOLAR/GRAPHITE 010-02805-00 GARMIN

Model: 010-02805-00

Manufacturer: GARMIN

EAN: 753759319328

Product Code: 332859

## R6,716

### WHATEVER YOU DO, OWN IT

This big, rugged GPS smartwatch is tough enough to keep up with you and bold enough to fit your style. Its expansive solar charging lens keeps a larger battery going longer— powering advanced training features, a built-in flashlight, multi-band GNSS, health/wellness monitoring sensors and much more.

### ENGINEERED FOR ENDURANCE

This ultratough watch features a solar charged display and rugged 50 mm polymer case. It's water-rated to 100 meters and tested to U.S. military 810 standards for thermal, shock and water resistance.

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## **DESIGNED TO DO YOU**

With a design built for action and the features to support your high-energy lifestyle, this watch is always ready for adventure. Plus, its bold styling clearly shows the world that you do things your own way.

## **GET MORE BATTERY OUT OF LIFE**

Go longer than ever with solar charging with unlimited battery life in smartwatch mode. Plus, power manager lets you extend battery life by controlling what settings and sensors draw power.

**Check your watch, start the adventure.**

## **SOLAR POWERED**

Solar charging Power Glass™ lens extends battery life, producing 50% more energy than the Instinct® 2 Solar. Go longer with the potential for unlimited solar-charged battery life in smartwatch mode.

## **BUILT-IN FLASHLIGHT**

To help guide your way in low-light conditions, a built-in multi-LED flashlight provides variable intensities and strobe that matches your running cadence — plus a red safety light mode to help keep an eye on your nighttime surroundings.

## **MULTI-BAND FREQUENCY SUPPORT**

Receive and utilize multiple frequencies sent by navigation satellites, which enable improved user position accuracy specifically in areas where GNSS signals are reflected, weak or typically do not penetrate.

## **ABC SENSORS**

Navigate your next trail with ABC sensors, including an altimeter for elevation data, barometer to monitor weather and 3-axis electronic compass.

## **TRACBACK® ROUTING**

Take the guesswork out of your return journey by using this feature to navigate the same route back to your starting point.

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## **REFERENCE POINT**

Keep track of a known place — such as your car or the trailhead — relative to your location, and easily find your way back to it.

**Live connected.**

## **SMART NOTIFICATIONS**

Receive emails, texts and alerts right on your watch when paired with your compatible smartphone.

## **CONNECT IQ™ STORE**

Download custom watch faces, add data fields, and get apps and widgets from the Connect IQ Store app on your compatible smartphone.

## **GARMIN PAY™ CONTACTLESS PAYMENTS**

Breeze through checkout lines and select transit systems with Garmin Pay contactless payments through participating providers.

## **SAFETY AND TRACKING FEATURES**

If you feel unsafe or if your watch senses that an incident occurred, assistance and incident detection features<sup>3</sup> can send a message with your location to your emergency contacts when paired with your compatible smartphone.

## **CALENDAR VIEW**

Easily see your plans for the day with a dedicated calendar screen when paired with your compatible smartphone.

## **SYNC WITH THE GARMIN CONNECT™ APP**

See your health and fitness information all in one place. The Garmin Connect app on your compatible smartphone is a thriving online community where people on the go can connect, compete and share.

**Train your way.**

## **BUILT-IN SPORTS APPS**

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Do whatever you love with preloaded activity profiles for running, cycling, swimming, strength training, indoor climbing, skiing, snowboarding, golf, yoga, Pilates and more.

### **OBSTACLE COURSE RACING**

Track your performance during obstacle course events — with split times recorded between running and obstacle sections while you race. After manually recording splits during your first loop, you can focus solely on the race from there as splits will be automatically recorded. Then, review your stats after the race.

### **HIIT WORKOUTS**

This activity profile tracks your HIIT workouts, including AMRAP, EMOM, Tabata and custom. Set the number of rounds, work/rest intervals and more.

### **VO2 MAX**

Train smarter with VO2 max, an indicator of how you can expect to perform. It even accounts for changes in performance that could be caused by heat or altitude.

### **DAILY SUGGESTED WORKOUT**

View your entire week of daily suggested workouts, which adapt after every run or ride to match your performance and recovery as well as the races coming up in your Garmin Connect smartphone app calendar.

### **RECOVERY TIME**

After each workout, recovery time lets you know when you'll be ready for another hard workout. It even accounts for training intensity and factors such as stress, daily activity and sleep.

### **Know your body.**

### **WRIST-BASED HEART RATE**

Get heart rate data along with alerts if your heart rate stays too high or too low while you're at rest. Gauge how hard your heart is working during activities.

### **SLEEP SCORE AND ADVANCED SLEEP MONITORING**

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Get a full breakdown of your light, deep and REM sleep stages. View it all on a dedicated widget that includes your sleep score and insights.

## **MORNING REPORT**

Receive an overview of your sleep, recovery and training outlook as soon as you wake up — alongside HRV status and weather. You can even customize your report to show you what you want to see.

## **BODY BATTERY™ ENERGY MONITORING**

Optimize your body's energy reserves, using heart rate variability, stress, sleep and other data to gauge when you're ready to be active or when you may need to rest.

## **PULSE OX**

For altitude acclimation or sleep monitoring, a Pulse Ox sensor uses light beams at your wrist to estimate how well your body is absorbing oxygen.

## **HRV STATUS**

Gain a deeper understanding of your overall health, training and recovery through heart rate variability while you sleep, based on technology developed by our Firstbeat Analytics™ team.

- This watch is tough, which means no holding back
- Keep your experiences going with unlimited battery life in smartwatch mode with solar charging
- Train your way with built-in sports apps at the wrist
- When it gets dark, the built-in LED flashlight helps keep you going
- Smart notifications so you don't miss out on what matters
- Understand your body better with 24/7 health monitoring

Summary: Garmin Instinct 2X Solar. Display diagonal: 2.79 cm (1.1"), Display technology: MIP, Display resolution: 176 x 176 pixels, Touchscreen. GPS (satellite). Weight: 67 g. Band material: Silicone, Band colour: Graphite, Band size: One Size | Vendor Homepage:

<https://www.garmin.com/en-CH/p/884585> | Display diagonal: 1.1 | Display technology: MIP | Display size (HxV): 27 x 27 | Colour display: No | Display type: Digital | Display resolution: 176 x 176 | Touchscreen: Yes | Rounded display corners: Yes | Watch glass type: Power Glass | Backlight: Yes |

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Band material: Silicone | Band size: One Size | Shape: Round | Market positioning: Sport watch | Watch case size: 50 | Suggested gender: Unisex | Designed for children: No | Buckle colour: Grey | Watch case colour: Graphite | Watch case material: Polymer | Band colour: Graphite | Built-in microphone: No | Built-in speaker(s): No | Waterproof: Yes | Built-in camera: No | Water resistance: 10 | Heart rate monitor: Yes | Blood oxygen sensor: Yes | Pedometer: Yes | Calories burned: Yes | Accelerometer: Yes | Gyroscope: Yes | Quality of sleep: Yes | Short Message Service (SMS): Yes | Alarm clock: Yes | Barometric altimeter: Yes | Calendar: Yes | Calendar notifications: Yes | Clock mode: 12h/24h | Electronic compass: Yes | Find my phone function: Yes | Foot pod: Yes | Music control: Yes | Recovery time suggestion: Yes | Refurbished: No | Smart notifications: Yes | Stress monitoring function: Yes | Sun & moon information: Yes | Timer: Yes | Training effect measurement: Yes | Virtual partner function: Yes | Virtual racer function: Yes | Weather display: Yes | Thermometer: Yes | Mobile network connection: No | GPS (satellite): Yes | GLONASS: Yes | Galileo: Yes | USB connector type: USB Type-C | Bluetooth: Yes | USB port: Yes | Near Field Communication (NFC): Yes | Wi-Fi: No | Headphone connectivity: Bluetooth | Battery type: Built-in battery | Battery technology: Lithium-Ion (Li-Ion) | Battery life (GPS mode): 150 | Solar power: Yes | Width: 50 | Depth: 50 | Thickness: 14.5 | Weight: 67 | Cables included: USB Type-C | Manual: Yes | Unit Calculated Weight: 0.174 | Battery weight: 5 | Battery: Lithium-Ion rechargeable | Product Net Weight: 0.067 | Unit Calculated Volume: 0.0007245 | Units per Shipping Box: 1 | Unit Width: 9 | Shipping Box Height: 7 | Unit Depth: 11.5 | Unit Height: 7 | Name: SMARTWATCH INSTINCT 2X SOLAR/GRAPHITE 010-02805-00 GARMIN | Model name: Instinct 2X Solar

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